

ACTON SENIOR CITIZEN NEWS

SENIOR CENTER: 978-264-9643

January 2004

The COA Office/Senior Center is open weekdays 8 AM-5 PM.

The mailing address for the COA is: Town Hall, 472 Main St., Acton, MA 01720

The Acton Council on Aging Board will meet on Wednesday, January 14th, 4:30 at the Senior Center, 50 Audubon Drive, S. Acton. All are welcome.

Minuteman Senior Services **Eating Together Luncheons**

What do we offer? The Acton Senior Center meal site is a place where older adults can meet, share experiences, and have the opportunity to socialize with friends and neighbors while enjoying a hot, nourishing meal. Meals, served by Minuteman Senior Services, typically have:

- 1/3 of the Recommended Daily Dietary allowances
- 700 to 800 calories, low sodium and low fat

Who can attend? Anyone age 60 or older and his/her spouse, regardless of age.

When? Minuteman Senior Services serves meals at the Acton Senior Center Monday through Thursday at 11:45 a.m. Transportation is available to the Center by calling (978) 264-9651 with a minimum of 24 hours notice.

Whom do I contact? For meal reservations call the meal site before 11:00 a.m., at least one day in advance. You may call for the menu or check The Beacon newspaper.

What is the cost? There is a voluntary, confidential donation requested of \$2.00 per meal.

Join us! Volunteers are needed for many different activities, including:

- Luncheon operations (set up, serving and clean up)
- Membership on planning and advisory committees
- Delivery of Meals on Wheels to the homebound.

Contact the Meal Site Manager at (978) 263-5053 between 9:30 a.m. and 1:00 p.m.

"Aging Outrageously and Courageously"

Dr. Ruth Harriet Jacobs ***Wednesday, January 28th at 12:30***

Dr. Ruth Harriet Jacobs, Ph.D., author of "Be an Outrageous Older Woman", "Button, Button, Who Has The Button?", "Women Who Touched My Life" and "ABC's Of Aging" will present her program "Aging Outrageously and Courageously" at the Senior Center on **Wednesday, January 28th at 12:30 p.m.** with a snow date of Wednesday, February 4th. The doctor's humorous, informative and helpful advice is both for men and women. Dr. Jacobs will also have her books available for sale and signing. ***Please do call to reserve a spot.*** Concord and Boxborough seniors will be joining us so we expect a big turnout. Why not enjoy lunch in the dining room before hand? Call the COA office to reserve a spot for this hit program and the Minuteman Meal-site to make a luncheon reservation. Don't miss this wonderful and entertaining program!

AARP Tax Assistance and Real Estate Taxes, Abatements and Exemptions

Please refer to the articles on page 3 of this newsletter to learn more about the AARP Tax Assistance Program and about meeting with representatives from the Town of Acton Finance Department, to discuss taxation, exemptions and abatements that are available to the taxpayers of Acton.

For more information on the Acton Council on Aging and the Senior Center go to www.acton-ma.gov. Our monthly

newsletter is also available at this web site.

The Council on Aging and the Acton Senior Center will be closed:

**Thursday, January 1st,
New Years Day
Monday, January 19th,
Martin Luther King Day**

MINUTEMAN MEAL SITE

Minuteman Lunch is served Monday through Thursday at 11:45 a.m. Requested donation is \$2.00. To sign up for lunch, call 978-263-5053 by 11:00 the day before you wish to come. (Call the COA at 978-264-9651 for transportation.) **If you are unable to come for lunch, please call to cancel your meal.** The January Birthday Lunch will take place on Wednesday, January 14th. If your birthday is in the month of January, you are invited to a complimentary lunch.

Men's Breakfast

Friday, January 9th, 9:00 a.m.

Please call the COA office by Wednesday, January 7th for a reservation.

*This month two of our seniors will share their hobbies of fly tying, leather work and wood working.
\$2.00 donation.*

Ladies Lunch!

Friday, January 9th at 11:30 a.m.

Please join us for our next luncheon gathering. We will enjoy Corn Chowder, dessert, coffee and tea along with your sandwich from home, if you would like! **Please call the COA office by Wednesday, January 7th, to reserve a spot. Donation-\$1.50 please. Soup makers are needed for the continued success of this program so please call to volunteer!**

Healthy Eating in the New Year!

Start your new year off right by assessing your current eating habits and resolving to make

better choices, not just for calories and weight management but for overall nutrition. Behavior changes take time so don't attempt to make too many changes at one time.

Peg Mikkola, R.D., nutrition consultant with Minuteman Senior Services, will be discussing some of the nutrition behaviors we all need to adopt for the New Year. **Join us on Wednesday, January 14th at 11:00 a.m. for this informative discussion.**

Help for Fuel Expenses

SMOC Fuel Assistance

Need help paying your heating bill?

New applications for fuel assistance for 2003/2004 are being taken **November 1st through April 30th.**

If your yearly gross household income falls within the limits below, you may qualify for fuel assistance and discounts on utility and telephone bills.

Household size	Max yearly income
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1	\$ 17,960
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2	\$ 24,240
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(call for income guidelines for larger families)

Call Carol Steiner at the COA 978-264-9643 for more information.

Citizens Energy Oil Heat Program

Families can purchase one-time deliveries of discount home heating oil to help make ends meet over the winter months.

Call 1-877-563-4645 (1-877-JOE-4OIL)

As in any year, please contact your fuel supplier to obtain information about low cost/reduced cost fuel and weatherization programs.

The Friends of the Council on Aging manage an **Emergency Fuel Assistance Fund**; contact Jean Fleming at the COA for information about this and additional emergency funds available from the **Salvation Army.**

**REMEMBER TO CALL THE COA OFFICE DURING INCLEMENT WEATHER TO SEE IF CLASSES OR TRIPS ARE CANCELLED
(978) 264-9643**

EXERCISE PROGRAMS

*******Winter Aerobics Registration*******

This session has started and some classes are filled. Please call the COA to register for the following classes.

Check calendar for days the Center is closed.

MONDAYS: "Stretch and Flex" with Terri Zaborowski (formerly "Fountain of Youth")
Mondays from 8:45-9:45; the next session runs from January 5th through March 8th.

Start with a gentle exercise program and then progress to easy weight training with Therabands. Exercise has been shown to help restore your "youthfulness" with the added benefits of friendship and sociability. **Call the COA office to register for the next 8 week session.**

AEROBICS with Terri Zaborowski-Senior Cardio-Flex:

Tuesday & Thursday from 9:00-10:00 or Wednesday & Friday from 9:00-10:00 –
 Warm-up and stretch, aerobics and muscle conditioning then cool down segment.

Beginner to Intermediate Stretch-Flex:
Tuesday & Thursday from 10:15-11:15
 Same as above, but at a lower-impact level.

COA VAN SCHEDULE

The Acton COA van is available to all Acton seniors (age 60 and over) and disabled Acton residents. The van is available Monday through Friday. **Reservations should be made weekdays between 8:00-12:00 noon by calling (978) 264-9651.** Please have the name, telephone number and address of your destination available when you call. Because of the number of requests it is necessary to **CALL AT LEAST A DAY in advance**, sooner if possible. **No out of town pick up after 2:30 p.m. One-way in town is \$1.00; one-way out of town (Concord/Maynard) is \$1.50.**

Social Security Announces COLA for 2004

Beginning January 2004, Social Security and Supplemental Security Income recipients will receive a 2.1% cost of living adjustment (COLA) to their Social Security and Supplemental Security Income checks.

COA GROUPS AND CLASSES

MONDAYS – Bridge Class – The next session of classes will **start on January 26th and run through April 5th.** Join us from **10:00-12:00 each Monday** for class and continuous play. Beginners are welcomed. Drop-In bridge continues from **10-12 Noon** through **January 19th.** **Call to register.**

Choral Singing – **Monday, January 12th at 12:45.** We sing for *FUN*, have a great pianist and song leader. Join us!

MONDAYS AND FRIDAYS - POKER: 1:00;
new players welcome!

MONDAY - Book Group: The Group will meet on **January 26th at 1:00** to discuss "Falling Leaves: The True Story of an Unwanted Chinese Daughter" by Adeline Yen Mah. Copies may be available at the Acton Memorial Library. Consider bringing a friend! **Co-Leaders for this meeting are Marion Maxwell and Carolyn Goblick.** All seniors are welcome at any gathering of "*The Bookies*".

TUESDAY – Watercolor with Sue Nordhausen. We will create "paint-a-longs" from photos and still life with an emphasis on shading and shadows. Tuesdays from **1:30 to 3:00 p.m.; January 20th – March 20th.**

WEDNESDAYS – Watercolor with Cynthia Durost– Join us in learning basic watercolor techniques, composition and use of color. Materials list is available in the COA office. Classes are from **9:00-10:30 a.m.** and run from **January 7th through March 10th.**

✧Acton Senior Quilters✧

WEDNESDAYS, 10:15 to Noon: Self-directed quilting group meets to work on various projects. Quilters of all levels are welcome.

Ping-Pong/Pool: every day after 12:30. We are always looking for new players! Please check COA calendar for schedule conflicts in the dining room.

Knit & Crochet: Join us at **12:30 on Wednesday, January 7th and 21st,** as we welcome beginners and experts. You may work on your own project or choose to make a lap-gan to be donated to area nursing homes.

Widows and Widowers

Friday, January 9th, 1:30- 3:00

Recent widows and widowers are welcome to attend our informal group. Group members share experiences on losing a partner of many years and how to cope with all of the changes. Co-leaders are Carol Steiner and Steve Baran. Please call the COA if you have any questions about the group or would like to join us

Friendly Visitors Meeting

January 13th, 1-2:30

In the Senior Center living room

RSVP to Carol at (978) 264-9643.

Alzheimer's Services

Alzheimer's Association Helpline:

1-800-548-2111.

Monthly evening support group:

Tuesday, January 20th, 6:00-8:00 p.m. at the Acton Senior Center. **For information, call Jean Fleming at (978) 264-9643.**

Early stage Patient and Partner Support

Group: First Tuesday of each month, 3:00 – 4:30 p.m. Cooperative Elder Services Adult Day Center, **at their new location at 7 Chamberlin Drive, Concord.** Call **Arlene Parillo at (781) 863-1166.**

Monthly morning support group: Concord Park Assisted Living Residence in West Concord on the **3rd Tuesday of the month at 10:30.** Call **Pat Oliphant (978) 318-0046.**

Cooperative Elder Services, Inc. runs an **Adult Day Health and Alzheimer's Care Program** at their center in Concord. Please call **Pat Oliphant at (978) 318-0046.**

Minuteman Senior Services provides, free of charge, an **in-home consultation.** Please call **978-263-8720** for more information.

Caregivers' Support Group

A general support group for all caregivers in the area meets at **Concord Park Assisted Living Residence** on the **2nd and 4th**

Thursdays of the month usually, from 11:00 to 12:30 p.m. The group leader is **Carola Domar, LICSW.** Please call her with any questions at **(978) 318-3020.**

Everything You Should Know About Real Estate Taxes, Abatements and Exemptions

Thursday, January 22nd at 12:30

Representatives from the Finance department will be at the Senior Center to discuss taxation, exemptions and abatements that are available to the taxpayers of Acton. By state law, some taxpayers are allowed exemptions from their property tax bills. These exemptions are primarily for the elderly, veterans, the blind and widows/widowers. In order to receive the exemption, applications must be made at the Assessor's office, which will be available at the meeting. **Please put this on your calendar now and join us on January 22nd.**

AARP Tax Assistance

The AARP Tax Assistance Program, which provides trained volunteers to assist seniors in preparing their state and federal tax forms, will take place from early February through mid-April 2003. At this time, we anticipate appointments being available in the Acton Senior Center on most Monday afternoons and Friday mornings. The final details of the schedule will be in our next newsletter, issued at the end of January. Please call for an appointment at that time.

Attorney Leslie Sleeper Madge will present an informational discussion addressing the **HIPAA Act of 1996.** Please join us, at The Senior Center, **Wednesday, January 14th at 1:00.** There is concern that agents named in health care proxies may not be able to access medical information. Learn how to avoid this.

"Poetry and the Good Life"

Friday, January 23rd, 2:00-4:00

Acton Seniors have been invited to hear poet and **Professor John Mahoney ("Mr. Boston College")** speaks to that "inner poet" in all of us. He'll present a series of poems, both traditional and modern, and then discuss them. This program is being offered, with refreshments, at **Concord Park which is located near the train depot in West Concord.** Please call the **Concord COA at (978) 369-3020 by Tuesday, January 20th** to let them know that you will be joining them as space is limited.

VOLUNTEER SPOTLIGHT

Volunteer Spotlight is usually randomly drawn from over 175 volunteers, this month we celebrate:

Catherine (Kay) Guinee

The city of Somerville was home for 65 years where Kay raised her son and daughter and taught elementary school. She and her late husband used to travel out to "the country" to visit her son and then Kay came to stay 12 years ago. Kay is devoted to her four grandchildren and spends summers near her daughter on the Cape.

Kay has been our Wednesday morning office support person for over three years. She was on our COA Board first as an associate and now as a full member, serves on the Board of the Audubon Hill Condo Association and heads up their hospitality committee with great enthusiasm and skill. She knits beautiful items for charity (and her family) and in her "spare time" drives friends to appointments, arranges elegant lunches and is always willing to offer a helping hand. We are very fortunate to have her as a dedicated volunteer.

Lots of COA Volunteer Opportunities:

<i>Wheel-A-Meal Drivers</i>	<i>Friendly Visitors</i>
<i>Computer Teachers</i>	<i>Group Leaders</i>
<i>Handymen</i>	<i>Office Support</i>
<i>Men's Breakfast support</i>	<i>Knitters</i>
<i>Ladies Lunch Corps</i>	<i>Newsletter Mailers</i>
<i>Quilters...</i>	<i>AND ALWAYS MORE!</i>

Call Carol Steiner at the Council on Aging with questions and/or to volunteer.

Durable Equipment Loan Cellar

The Acton COA maintains a **cellar** of donated durable medical equipment, which can be loaned out to Acton seniors as needed. We appreciate all of your donations! Please call us if you have something you think we can use.

Tub benches and shower chairs are often in short supply so if you have one taking up valuable space, we would be glad to add it to the loan cellar.

At this time we cannot take any more commodes or standard walkers. We have plenty to loan.

Please do not "drop off" donations without calling ahead.

All donated equipment must be clean and in very good condition.

ACTON HANDYMAN PROGRAM

The Handyman Program will be on hiatus through January 12th so they can participate in the holidays with their families.

The Acton Handyman Program, staffed entirely by volunteers, is designed to help Acton senior residents with small repairs and simple household jobs because seniors had difficulty engaging handyman services for these types of small jobs. We encourage you to call with your requests for simple household fix-it requests and will be understanding as we help **prioritize** the jobs. We realize your families and friends are also stretched for time and energy, but we hope you are letting them know of your household needs as well.

Small household repairs, "fix-it" situations (priority given to safety concerns) are our specialty. Some jobs we can handle are:

- Glue loose handrails, chair legs, etc.
- Light bulb/smoke detector battery replacement
- Tacking down loose carpet for safety
- Unsticking doors and windows
- Basic carpentry
- Mattress flipping
- Simple computer, TV, VCR, DVD connections
- And more!

Call the COA to request Handyman service.

This well-used volunteer service should not take the place of hiring professional help for the multitude of jobs needed to set up a new household. We hope to suggest resources to help you find the help you need. Always check references before hiring any in home services.

GOING AWAY FOR THE WINTER?

Please give us a call so we can temporarily take you off our mailing list while you are away. Unfortunately we cannot send newsletters out of town so please stay informed of upcoming events and trips by:

- Calling our office at (978) 264-9643
- Calling your friends in Acton
- Check the website: www.acton-ma.gov.

Please call us when you return and we will resume mailing the newsletter. Thank you.

Health Insurance Counseling SHINE

The SHINE Program, Serving the Health Insurance Needs of Elders, trains volunteers to **assist seniors with their health insurance and prescription drug concerns**. This invaluable program is administered by Minuteman Senior Services.

Please call the Acton Council on Aging office at (978) 264-9643 with your requests for this service and we will relay your information to the SHINE counselor for Acton, **Maryjane Costello**. **Maryjane will return your calls on Monday of each week**, unless it is critical that you speak with her sooner.

News From Our SHINE Counselor Summary of Health Insurance Changes in 2004

- 1) **Medicare Part A: Hospital deductible** increased from \$840 to \$876. **Co-Insurance** now \$219/day for days 61-90 and \$438 for days 91-150.
- 2) **Medicare Part B: Monthly premium** increased to \$66.60/month.
- 3) **BC-BS Medex rates as of March 15, 2004: CORE** 15% increase to \$84.34/month; **BRONZE** 12.1% increase to \$139.01/month; **GOLD** 14% increase to \$476.01/month.

There will be an **OPEN ENROLLMENT IN FEBRUARY AND MARCH** for any of these Medex plans.

- 4) The **MEDICARE REFORM BILL** was passed in Congress in December 2003. Some prescription drug coverage will become effective in 2006; more information will be forthcoming over the next several months.
- 5) **DISCOUNT DRUG CARDS** will be available this spring for an annual fee of \$30. These will be offered by various drug companies and provide a discount of between 10-20%. More information to come.

*If you have any questions, please contact me through the Council on Aging office.
Best Wishes for the New Year,
Maryjane Costello.*

Blue Cross and HMO Open Enrollment

Open enrollment for all Medicare Supplemental Plans offered by Blue Cross is taking place until December 31, 2003, for coverage to be effective as of January 1, 2004. Call 1-800-258-2226 for applications and information. Medicare HMOs are also accepting applications. Call 1-800-779-7723 for Harvard Pilgrim Health Care; 1-800-678-2265 for Blue Care 65, 1-800-701-9000 for Tufts Associated Health Plan and 1-800-868-5200 for Fallon Community Health Plan.

Pharmacies to Begin Accepting Medicare Assignment on Diabetic Supplies

Walgreen's has announced that they will now accept Medicare assignment for diabetic supplies. Some of the CVS pharmacies are also accepting assignment. Customers should inquire at their local pharmacy to find out if that pharmacy does accept assignment and what items are covered.

SENIOR CENTER CLINICS

Hearing: Thursday, January 8th, 1-3 p.m. at the Senior Center.

Fred Gerulskis conducts hearing tests, checks hearing aids and makes some repairs. Free.

Please call to register.

Podiatry Clinic: Friday, January 9th; 8-10:00.

Sponsored by Acton Nursing Service. There is a charge of **\$20.00***. The purpose of the clinics is to provide podiatry services that are not covered by insurance. Dr. Teresa Burtoft, DPM, provides basic services such as evaluation and nail clipping. *This clinic is funded by the Friends of the Acton Nursing Service. Fee can be waived in case of financial hardship.

Call 978-264-9653 for an appointment for Podiatry and Cholesterol Clinics.

Cholesterol Screening: This clinic will be held on **Thursday, January 15th from 9:00-12:00**. Please call the **Nursing Service at 978-264-9653** if any questions. Fee \$10.00

Blood Pressure: Tuesday, January 13th, between 9 and 11 a.m. The Acton Public Nursing Service sponsors free monthly blood pressure clinics at the Senior Center. No appointment is necessary.

Winter Computer Workshops

We are happy to announce that we have 8 new workshops scheduled for our winter session.

Workshops are task oriented, 1-2 hour sessions designed for students with some computer experience. (If you are a novice computer user, our regular 6-week instructional classes will again be offered in the spring. Please look for information on these sessions in a future bulletin.)

If you wish to register for a workshop please call the COA office at (978) 264-9643. Our workshops are as follows:

- **Internet Safety:** Tuesday afternoon, March 16, 1:00, COA Living Room
- **Excel for Beginners:** Tuesday afternoon, January 13 and/or 27; lab.
- **Genealogy Research on the Internet:** Monday afternoon, January 26 and/or February 9; lab.
- **Advanced Excel:** Tuesday afternoon, February 10 and/or 24; lab.
- **What's Inside Your Computer:** Tuesday morning, February 3 and/or 17; lab.
- **Reviewing, Reserving, Ordering Books Using the Internet:** Thursday morning February 5 and/or 26; lab.
- **Dressing Up Your Word Documents:** Wednesday afternoon, February 4 and/or March 3; lab.
- **Effective Web Searching:** Wednesday morning, March 10 and/or 24; lab.

Except for our Internet Safety class, all workshops are limited to 4 people per session so please call as soon as possible to reserve your space. Instruction will be offered on PC's and iMAC computers. Each student will have his/her own computer. There is no charge for these one-day workshops.

Please note that days are subject to change. Instructors will call to confirm the class time and date.

The **Veteran Homestead Medical Van** is at Acton Town Hall on **the fourth Wednesday of the month, 10 a.m. to 3 p.m.** for health screenings and to address other health concerns.

Flu Flash From the Nursing Service

Since there is no flu vaccine currently available, there are several steps you can take to decrease your risk.

- 1) **Wash your hands, wash your hands, wash your hands!** Simple but effective!
- 2) Cover your mouth when sneezing or coughing, use Kleenex and have them available for others. Cough into elbow if no tissues are available.
- 3) Avoid large crowds.

Reminder: If you have not had the flu vaccine, call our office (978) 264-9653 to get on a waiting list in case we receive additional vaccine from the state.

"Staying Connected"

Prevention Tip of the Month

Keep in contact with old friends and neighbors if you move in with a relative or move to a new address. Ask friends to visit you at home. Even a brief visit can allow an observation of your well being. If you move in with others have your own phone, post and open your own mail. If your mail is being intercepted, discuss the problem with postal authorities. An isolated senior is more vulnerable to abuse and exploitation.

Senior Cinema: 12:45 p.m.

Thursday, January 8th: "My House in Umbria" – Based on novella in Italian countryside. Maggie Smith, 2003.

Thursday, January 15th: "Seabiscuit" – This inspiring, courageous story based on the real-life racehorse that became a hero to Americans during the Depression. 2003

Friday, January 30th: **Movie Mania**-see article below.

Movie Mania Returns!

On **Friday, January 30th** join us for two great movies! At **10:00** we will show "**Pirates of the Caribbean**", **enjoy pizza and drinks for \$1.50/slice at 12:15** and then watch "**Spellbound**" at **1:00**. Please call to reserve your space and order your pizza!

Thank you for all of the very beautiful holiday cards and wishes that we have received in the COA office. We look forward to serving you in 2004!

COUNCIL ON AGING Trip Policies

1. Please call the COA office at 978-264-9643 to make trip reservations before sending in your check. Some trips fill up very quickly.
2. **Payment is required two weeks prior to the trip.** If payment is not received in time, your name will be removed from the sign-up and a waitlisted person will be contacted. **We will return your check if you cannot go and if your place can be filled.**
3. **Checks** should be made out to: The **FRIENDS of the Acton COA.** You may deliver your check to the office or mail to: COA, Town Hall, 472 Main Street, Acton
4. **Please park** towards the **back** of the lower parking lot, away from the function hall **behind St. Elizabeth of Hungary Church, 89 Arlington Street.**
5. Please call Jean Fleming at 978-264-9643 for trip assistance from the FRIENDS.
6. **Always bring a copy of your FILE OF LIFE card with you on trips.** If you do not have it you may be denied a seat on the trip.
7. **When signing up for a trip it is expected that each traveler will participate in every aspect of a trip.** Staying on the bus is not an option.

Please call the COA office on Monday, January 5th to sign up for trips.

2003/2004 Boston Symphony Orchestra Open Rehearsal Season

The next BSO Open Rehearsal will be held on **Thursday, February 26th**. Please call the COA to reserve your seat as we have pre-purchased 47 tickets for each of these performances. We arrive at Symphony Hall in time to hear the introductory lecture and then enjoy the full rehearsal, returning to Acton about 2:00. You may bring a light snack or lunch to enjoy during the ride home.

February 26th: Herbert Blomstedt, conductor and Peter Serkin on piano. Mendelssohn Overture, *The Fair Melusine*; Mozart Piano Concerto No. 17 in G, K.453, Nielsen Symphony No. 4, *The Inextinguishable*.

April 1st: Grant Llewellyn, conductor and the Tanglewood Festival Chorus.

COST: \$25.00

Depart: St. Elizabeth's Church Lower Back Parking Lot at 8:00 a.m.

Spring Flower and Garden Show Di Millo's Floating Restaurant Thursday, March 4th

Join us for a great day of travel and help to bring a bit of spring hope into your winter! Our first stop will be for an early lunch at Di Millo's Floating Restaurant in Portland Harbor. This well known boat houses a fine restaurant and great scenery. Please indicate your choice of Baked Stuffed Chicken Breast or Broiled Haddock; there is always a vegetarian dish available, if desired.

We will travel to Scarborough Downs in Maine to enjoy the 2004 garden show "A Summer Garden in Maine", which certainly could work in Massachusetts! The show will feature garden exhibits, unique vendors, educational exhibits, a children's garden, food courts and more.

The show is located on one floor but there is a good deal of walking involved.

COST: \$44.50 (includes bus, full lunch, show admission, taxes and gratuities)

DEPART: 8:45 a.m. from St. Elizabeth's back parking lot. Approximate return 5:30.

Gardening Group Kicks Off! Tuesday, January 27th at 1:00

Join us on Tuesday, January 27th at 1:00 as we start this new and ongoing group. Jean Flood and Maureen McQueen will lead this group in a variety of monthly activities, even during the cold, dreary winter months. Plan to join us for ongoing planning and preparation for our gardens. In March we will travel to Russell's Garden Center in Wayland for a seed-starting lecture. We look forward to seeing you and your green thumbs!

Valentine Note Pads

Thursday, January 29th at 12:30

Catherine Christensen will hold a hand-made note-pad workshop on **Thursday, January 29th at 12:30 p.m.** We will make a hard-cover enclosure for a standard post-it note pad – a unique, personalized creation for friends and family or keep it for yourself. The class is limited to **20 students** so please sign up early. Call the COA office to register. In case of **snow the class will be held on Thursday, February 12th.**

The Friends Corner

WE NEED YOUR HELP! If you haven't yet responded to our annual appeal letter (that bright yellow sheet in your "to do" pile of papers!), please remember that we depend on YOU to help us support many of the trips, classes and special programs that are listed in this and every newsletter. THANK YOU for your support of Council on Aging and Senior Center activities by making your gift as generous as possible.

From the Friends of the Acton Council on Aging

"Dinner with Friends" Concord Players

A free dress rehearsal of "Dinner with Friends" by Donald Margulies is being presented on Thursday, February 12th at 8:00 p.m. in the theater at 51 Walden Street. You are invited to enjoy this yuppie satire, romantic comedy and thought-provoking drama about modern-day relationships.

ACTON COUNCIL ON AGING
Town Hall, 472 Main Street
Acton MA 01720
Return Service Requested

From the Office of the Town Clerk:

1. **CENSUS:** The census form will be mailed to every Acton household in early January. Part of this information is maintained in the State Voter's Registration Information System. Please check for accuracy and return within ten days of receipt of census form.
2. **NEW FORM – DOG LICENSING:** The 2004 Census Form has the 2004 dog license renewal form on the back side – this is the only form that will be mailed! The deadline to renew a dog license is February 28th; a \$25 fine will be imposed after that date.
3. **TOWN ELECTION:** The Annual Town Election will be held on March 30, 2004. There are numerous positions available; please check with the Town Clerk's office and submit any nomination papers by February 9th.

Please call the Town Clerk's office at (978) 264-9615 with any questions.

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